

# San Francisco Bay Area Reservoirs

## INTERIM HEALTH ADVISORIES

***If you eat the recommended maximum amount of fish from one reservoir, do not eat any other fish during the same month.***

County	Reservoir and Fish Species	Women of childbearing age and children (17 years and younger) (meals per month*)	Women beyond childbearing years and men (meals per month*)
Alameda	<b>Del Valle Reservoir</b>		
	Largemouth bass OR	1	1
	Channel catfish OR	1	4
	Bluegill OR	4	12
	Redear Sunfish	4	12
	<b>Lake Chabot</b>		
	Carp OR	0	0
	Largemouth bass OR	1	4
	Channel catfish OR	4	4
	Redear Sunfish	4	12
	<b>Shadow Cliffs Reservoir</b>		
	Carp OR	1	1
	Largemouth bass OR	1	4
	Channel catfish	4	4
Contra Costa	<b>San Pablo Reservoir</b>		
	Channel catfish OR	1	1
	Carp OR	1	1
	Largemouth bass OR	1	4
	Black crappie OR	4	12
	Rainbow trout	12	12
	<b>Lafayette Reservoir</b>		
	Largemouth bass OR	1	4
	Goldfish OR	1	4
	Channel catfish OR	4	4
	Black crappie	12	12
Santa Clara	<b>Steven's Creek Reservoir</b>		
	Largemouth bass OR	0	1
	Channel catfish OR	1	1
	Black crappie	1	4
	<b>Anderson Reservoir</b>		
	Largemouth bass OR	0	1
	Carp OR	1	4
	Black crappie	1	4
Marin	<b>Soulajule Reservoir</b>		
	Largemouth bass OR	1	1
	Black crappie OR	1	4
	Channel catfish	1	4
	<b>Nicasio Reservoir</b>		
	Largemouth bass OR	1	4
	Carp OR	1	4
	Bluegill	4	12
	<b>Bon Tempe Reservoir</b>		
	Largemouth bass	1	1

\* Meal size is assumed to be eight ounces (6 oz. cooked) for a 160-pound adult. Serve smaller meals to children.